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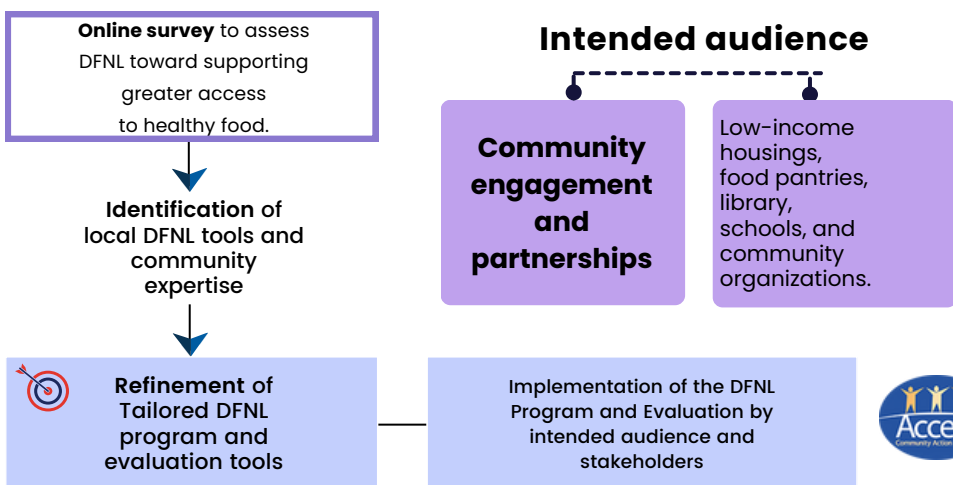
What is our goal?

- Community collaboration to improve digital food and nutrition literacy among Windham's low-income adults and increase their access to healthy, affordable, and culturally acceptable foods.

Potential needs and opportunities for collaboration

- USDA expanded SNAP online purchasing; eligible adults in Windham who ordered groceries online and budgeted their food dollars had healthier diets.
- In-depth interviews with Windham stakeholders & low-income adults support need/desire for improved digital literacy coupled with community actions to improve healthy food access.
- We have mapped **Windham.Life** for real-time access online. Using this map requires digital literacy.

Mapping out next steps



Timeline: Spring 2025

Develop the DFNL curriculum

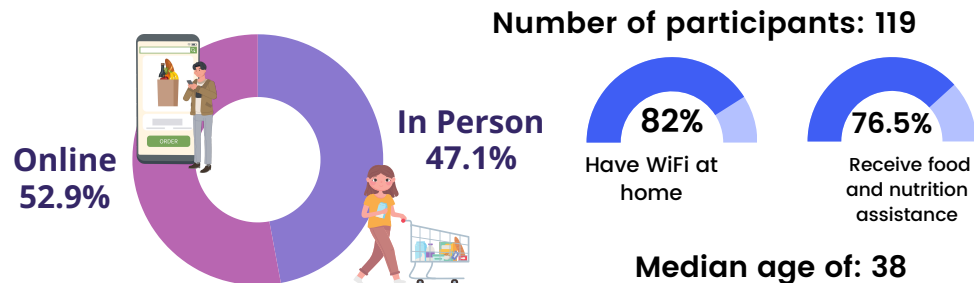
Summer 2025

8-week pilot intervention



Preliminary Results

- People who used more digital tools and technology reported making healthier food choices, and those with lower diet quality were less likely to engage in behaviors like meal planning.



Use of digital tools:

- 76% of participants connect with health professionals at least once or twice a month.
- 59% get grocery sales ads or flyers online
- 84% seek nutrition information on social media

Motivation:

Half of them would like to ...

- Order groceries online
- Join a nutrition education program through a Facebook group
- Learn about personal data safety

What is the long-term impact?

- Improve diet quality and reduce chronic disease risk in low-income adults through personalized nutrition education and digital tools.
- DFNL program that could be implemented feasibly by community agencies.